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KEY TO COOKERY KEY TO COOKERY KEY TO COOKERY KEY TO COOKERY

Mrs. Cora E. Hall's.

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KEY TO COOKERY

A practical and up to date guide for the kitchen.

FIRST EDITION

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INTRODUCTION.

After many years of constant work over stoves, ranges and different fires that cook the food for the hungry ones I am placing this book before the public with hopes that it will lighten labor by helping the mind to do more and the feet and hands less.

It is necessary that we practice ECONOMY and no doubt every woman is the possessor of a good economical cook book; This is not a cook book but a key to cookery. However I am giving some valuable recipes along with the hints.

Once a wise man said, "Some cooks could throw the food out of the back window with a spoon as fast as a team could haul it into the store room," and while we hope that nothing like that is taking place to-day, we cannot help but realize leaks can and would be stopped if we only knew how Many dishes of foods are thought to be ruined by some mistake and at the proper moment with a proper turn could be made real appetizing.

I sincerely hope that after giving this book a careful reading it may be hung where it is handy and used to advantage.

⊳ BREAD-MAKING. ⊲

The following mixtures of flour will prove to be O. K. in making bread.

⅓ barley and ⅔ wheat flour.

¼ oat-meal, ¼ graham and ½ wheat flour.

¼ rye, ¼ corn-meal and ½ .. ..

¼ .. , ¼ graham and ½ .. ..

½ .. and ½ .. ..

¼ soy bean flour, ¼ graham and ½ wheat flour.

Mix somewhat stiffer than white bread and do not bake too fast; a moderate oven is best.

Remember that there is a difference between ROLLED-OATS and OAT-MEAL.

A QUICKLY MADE GRAHAM LOAF

1 cup of sour milk, ¼ cup shortening, 1 egg, ¼ cup molasses, 1 tea-spoon soda and a little salt. Use equal parts graham and white flour, stir stiff with a spoon, put in single pan and bake immediately in a rather slow oven.

Different kinds of loaves can be made with the above mixtures of flours with this same recipe.

BREAD--MAKING.

There are three things indispensable to successful bread--making; GOOD FLOUR, GOOD YEAST and WATCHFUL CARE.

To Test Flour; Take a handful, close the hand pressing well; if it adheres to the hand and shows the imprints of the lines of the skin it may be relied upon as being good.

NEVER BUY flour with a blue-white color; it should be cream-white.

Never add soda to your yeast; better make new.

Try adding a bit of ginger to yeast.

Too much salt retards the fermentation of yeast and many good bread makers omit the salt in all climates but one must not forget the sugar.

If a generous amount of potatoes are used in the yeast the bread will not dry out so quickly.

Bread made from good hard wheat flour should be mixed as soft as can be handled,

⊳BREAD--MAKING⊲

GOOD BREAD helps to make the meal more complete whether it be on the plainest or most luxurious table, and while it may be simply a saying yet it is true: "Satisfy the stomach and you glorify the sole" soul.

The time has arrived when the town baker is catering to the public by making as near home-made bread as possible.

We well know that WHOLE-WHEAT, rye and graham bread are the three BEST, and let us hope for the betterment of our health that white bread may soon take second place.

It is no harder to make the above three kinds than the plain white, and one may rest assured that he will be well repaid for the trouble of trying a new kind.

As there are msny different brands of flour and it ts much better to use one particnlar brand when one finds it satisfactory. Hard wheat flour is best for bread but all good family flour contains a sufficient amount to make it turn out good bread if handled properly.

YEAST: An old standard which has proven to be strickly reliably.

Boil enough potatoes [when cut up fine] to fill a pint cup, in 1½ pints of watter until well done throw into the kettle ½ cup of flour beating well

so that it is well scalded, as this helps its keeping and gives it a body; next add 2 T sp. sugar. Omit the salt. Add next as much cold water or cold and hot together as you have ingredients in the kettle just so you get it about blood heat, and put in ½ yeast cake, set to raise in a warm place; it is better after 36 hrs. but can be used as soon as it raises well. If this yeast is kept in a cool place it is good for 10 days.

A little of it may be used instead of yeast cake, for a starter the next time.

In setting a sponge or straight dough use ½ yeast and ½ water.

In cold weather warm the flour a triffle before mixing.

Just as good results may be obtained by using the dry yeast cake or fresh compressed yeast cake if you do not want to take the time to make the above.

Never use too warm water or milk when mixing sponge as it is one cause of coarse bread.

Scald milk and let it cool to blood heat when making milk bread; this prevents it from souring.

No given rule can be applied as to how much liquid to use as some flour requires more than others.

⊳BREAD-MAKING⊲

To 4 qts. of flour add 2 rounding T. sps. salt and 1 of sugar; some add lard while others use none except to grease outside of loaves.

If bread is baked TOO HARD rub over with lard and wrap in a wet cloth.

TO HOT an oven forms a firm crust before the bread has expanded enough and this makes it heavy.

To Test oven Place a spoon of flour on a tin in oven; if it browns in 1 minute the heat is just right.

Hot bread is cut much nicer if the knife is heated but for the sake of our health we should let it cool.

RYE BREAD requires longer time to bake and remains moist longer.

Unless bread becomes moldy NONE should ever be waisted as there are many uses for dry bread.

If slightly toasted ground and placed in covered receptable it keeps well for sometime and is always ready.

For breading steaks, chops, cuttlets, fritters and croquettes it not only helps their appearance but helps their taste.

Dry bread may be used in making excellent bread sauces and many good dishes.

Crumbs rubbed with sugar and cinnamon then sprinkled over coffee cake is nice.

Crumbs toasted and added to an equal amount of toasted cocanut, with beaten egg and sugar, makes excellent filling for different sweets.

Croustades, to be filled with different mixtures, can be made by baking bread dough in gem pans; when cold cut off top and fill.

ADD some ground bread crumbs to your griddle cakes.

CAKES AND COOKIES

It is well to remember that there are but two classes of CAKES; cakes made with shortening such as lard, vegetable oil, butter, cream, etc, and cakes without shortening, the latter belonging to the SPONGE CAKE CLASS.

The first are generally called BUTTER CAKES. Much has been said about seperating the whites of eggs when making sponge cake, folding them in the last thing, but I have found one has good success by not seperating them, if your proportions are right. Study your recipes.

Remember that your shortening when cooked is changed to liquid, therefore you may count the shortening and other liquids (milk, water, molasses ect.) all as liquid. Use ½ cup **shortening, 1 cup sugar, ½ cup milk, 2 eggs and 2 cups flour. This is an old standard reciept yet one may change the porportions to suit the taste.**

A good rule, Use ½ as much shortening as sugar and twice as much liquid (shortening and milk) as flour. For a stiffer mixture or more solid cake, more flour and sugar must be added.

⊱CAKES and COOKIES⊰

You have A basis for all cakes, and by adding spices, nuts, fruits etc., you have the kind you wish.

Eggs may not be counted as liquid as they change when cooking, and if more eggs are used less baking powder is needed.

Usually 1 teaspoon of GOOD baking powder to each cup or ½ pint of flour is the correct amount.

TO STIR CAKE: Always bring the spoon around the side of the bowl in circle untill the ingredients are all well mixed.

TO BEAT CAKE: (SPONGE) Make the circles up and down, bringing the spoon out at the top this makes the lightness by adding air.

EGGS and CUSTARDS

It should be remembered that one of the greatest tissue building foods is EGGS, and a little practice enables one to prepare them to suit the tastes of all.

Fresh Eggs will always sink to the bottom when put into a basin of water.

In making stuffed eggs, fancy or other delicate dishes some have trouble with the whites being too thin on one side when boiled; this may be avoided by using a holder so they may be stood on end while boiling.

TO SOFT BOIL eggs: Put on in COLD water and let come to a boil, take up and serve immediately.

Another way: Put eggs in dish, pour BOILING water over them, COVER and set on back of stove for 3 minutes, then serve.

Always use FRESH milk and FRESH eggs in making custards.

EGGS and CUSTARDS

For CUSTARD try 6 eggs, 1 qt milk, ¾ cup sugar and a little salt.

TOO MUCH sugar and too long baking causes custards to become watery.

Boiled custards should cool quickly.

BAKED custards and open pies should be cooled slowly and NEVER put to cool in a draught.

To make it the BEST BAKED custard bake slowly but not too slowly, by placing the basin in a pan of hot water in oven.

Gelatine soaked in cold water and added to boiled custards just before removing from the fire helps to make them lighter.

If milk is heated untill nearly boiling and the sugar then added the eggs will not curdle when poured into it.

EGGS and CUSTARDS

To make a velvety BOILED custard beat yolks, add sugar and stir into HOT milk NOT boiling a tablespoon at a time untill well heated, then beat in the beaten whites; but, DO NOT COOK to long as it may curdle.

Always use FRESH milk and FRESH eggs in making custards.

NEWLY LAYED eggs must be cooked a trifle longer than those a few days old.

Soft boiled and poached eggs are by far the easiest to digest.

Duck and turkey eggs are much stronger, especially the whites, than hens eggs and one finds them alright in making cakes and custards.

⋗FRIED CAKES and FRITTERS⋖

What is more appetizing than a dish of nice fritters?

There are two things which cause a great many to fail in making fritters, first, they make the batter TOO RICH and second, their frying fat is not HOT enough.

MANY seem to think that CREAM PUFFS and puff fritters are hard to make, but it is a mistake.

The same kind of mixture can be used for puff fritters as is used for cream puffs and sometimes puff fritters are filled and called cream puffs.

Recipe; Place 1 cup water, a little salt. 2 tablespoons sugar and 2 heaping teaspoons butter or shortening on fire and let it just come to a boil, then throw into it about two cups of flour stiring briskly untill it forms a ball and

leaves the sides of the kettle, take off and let slightly cool, then add 5 eggs (6 small ones) 1 at a time mixing well, also a little flavor, drop on pans and bake in QUICK oven or fry in HOT FAT when cool cut off tops and fill to suit the taste.

A little powdered sugar sprinkled over sweet fritters improves their taste as well as their looks.

Vegetable fritters; thoroly cool vegetables and dip them in olive oil just before dipping into the batter.

TO TEST frying fat place in it a small piece of white bread, if it turns a golden brown in 60 seconds it is right for uncooked foods, and in 40 seconds for cooked foods, such as meat fritters made from the left over roast or boil.

GRIDDLE CAKES are lighter if whites are added just before frying.

FRIED CAKES and FRITTERS

Batter for fritters are much lighter if made an hour before using, and still better if the whites are then added just before frying.

Better to use sugar sparingly in batter as it tends to make it heavy.

Griddle cakes are much better if only turned once and served the same side up as when taken from the griddle.

SHORTENING or fats that are a bit strong or old may be greatly improved by heating HOT and frying in them a potatoe thinly sliced.

FRIED CAKES and DONUTS need not be greasy or take up much grease if some mashed potatoes are added.

FRIED CAKES, 1 heaping cup sugar 1¼ cups milk, 1 teaspoon butter or lard 2 eggs or 4 yolks about 4 cups flour 1 tablespoon baking powder 1 cup cooked and mashed potatoes

cream potatoes, sugar and butter, then add other ingredients, handle as little as possible, and above all be sure your frying fat is HOT.

Should the above become a bit old and hard set them in the oven a few moments and they are just like new.

½ lard and ½ suet is a good frying fat.

Shortening for biscuit and griddle cakes may be melted and added to the milk or water, instead of being mixed with the flour, with good results.

Iron gem and muffin pans are considered better than tin.

BAKING POWDER and WELL BETEN eggs make lightness in cakes and waffles while a liberal amount of shortening makes them crisp.

In using fats for frying have enough to completely cover the food you are cooking and that it is HOT ENOUGH; Then the articles will not absorb as much: lift out as soon as done.

≻FRUITS and VEGETABLES≺

It has been proven by scientific men that a vegetable diet is far superior to all others.

The animal eats the vegetable and in turn we eat the animal. Is it not a fact that we would be STRONGER, HEALTHIER and HAPPIER if we get the vegetable first instead of eating them after they are turned into flesh? A large portion of those same vegetables that make the fat, blood and flesh for the ox will make them for the human.

Let us hope that beef like white bread may soon take second place on the table.

We need not worry about the high price of meat.
for bread and nuts accompanied by vegetables may be well appreciated and do more good at less cost.

Nuts may be thought high in price but you must remember that a few goes a long ways towards supplying the body with building material.

To keep beans from becoming mushy, when making BOSTON BAKED, put on in cold water and add about ⅓ the required amount of salt, adding the remainder when placed to bake; they will be soft but retain their shape.

Old potatoes are improved after boiling, by dipping in beaten egg and then rolled in bread crums and fried, in deep fat, to a golden brown.

Before cooking onions soak in warm salt water 1 hour and they loose their rank odor.

CARROTS, TURNIPS and ONIONS will cook much quicker if cut crosswise instead of split.

NEVER let vegetables stand in the water in which they are cooked; drain and add dressing

Vegetables are nicer if picked in the early morn, while the dew is on, and put in cool water untill needed.

In boiling cabbage a small piece of red pepper will remove the rank odor.

A little soda preserves the color when cooking greens.

If potatoes are frozen put to bake without thawing.

When cooking FRUIT or SYRUPS leave lid off and be sure sides of kettle are dry; then grease a strip all around, about 1 inch wide, just below the top, with butter or lard, and you need not fear of the contents boiling over.

Cranberries are improved by adding a few chopped dates, and a pinch of salt.

Putty may be used instead of SEALING WAX by pressing it down a few times as the can cools; the cans are opened more easily.

Place all canned and dried fruits and vegetables in a DARK, DRY cool place.

⊳FRUITS and VEGETABLES⊲

STRAWBERRIES will hold their color better if the syrup is cooked first; place berries into it, heating well but do not boil, and put in STONE JARS.

If apricots are peeled they will not require so much sugar.

Stewed prunes are much better if a stick of cinnamon is added while cooking; when done add some lemon juice.

Never put up catsups or sauces containing acids, in tin unless the cans are first coated on the inside with parowax, and then the contents must be cold when put into them.

LETTUCE, when it gets too old for salad may be cooked the same as spinach.

Vegetables may be cooked to an advantage by putting to boil in the broth in which salted meat has been cooked.

To long cooking spoils the flavor of berries.

APPLE BUTTER and JAMS are better flavored and cook quicker if first boiled and mashed before adding sugar.

Cranberries can be candied and used the same as cherries.

Lemons remain fresh longer if placed in cold water, changing the water every 4 days.

Soft fruits retain their shape if a heavy hot syrup is poured over them and left to simmer untill done; while the more firmer fruit should be cooked in a weak syrup and then a heavier syrup added at the fiinish.

Cranberries may be kept fresh all winter if placed in a dark place in cold water, changing the water every ten days.

Cabbage, Kale, Cauliflower, and Lettuce should be placed, top down, in cold water to rid them of insects. Salt in the water kills them too suddenly and they stick to the vegetable.

Salt should not be put in vegetables or soups until they are skimmed as the salt tends to settle the impurities preventing the scum from rising.

If by chance your boiled VEGETABLES or MEAT is too salty tie a cloth over kettle, sprinkle well with flour, let boil ½ hr. The flour absorbs the salt. rinse the cloth in cold water to clean.

POTATOES: old ones are improved by peeling them and placing in cold water for a few hrs. changing the water often,

TOUGH vegetables are made tender and cook quicker if a pinch of soda is added at boiling point.

FRUITS and VEGETABLES

POTATOES turn black sometimes while boiling; Try putting a little vinegar into the water.

WATERY potatoes are improved by adding a little lime water while boiling.

ALWAYS put potatoes on in boiling water and when DONE drain immediatly.

IF potatoes STOP BOILING before done or boil too long they are liable to become soggy.

Remember the best part of the potatoe is next to the skin.

TO BLANCH vegetables: Put on in cold water, let come to a boil, boiling same from 3 to 5 minutes and then rinse in cold water.

Tomatoes: To remove the seeds from them when stewed add a dash of cold water, let settle and pour off into another vessel.

⊱GAME and FISH⊰

ALWAYS DRAW wild and tame fowls as soon as possible after killing.

GAME that has become a bit tainted is made quite well for cooking by soaking a while in cold sweet milk.

In washing rabbits or birds use COLD water and as little as possible, then dry quickly.

Wild DUCKS and GROUSE are considered best roasted.

PIGEONS and DOVES are much better if laid over night in salt water.

Soaking GAME in water with some soda or parboiling with an onion helps to do away with the strong taste.

Fresh majoram, parsley, thyme and bay leaves are excellent for flavoring game as well as chicken and beef.

FRESH WATER FISH are improved by placing in salt water over night and then rinsed off and wiped dry; they loose their muddy taste.

Put some vinegar and salt in the water in which you boil FRESH fish; they retain their flavor and remain firmer.

Always put fish on in boiling water and let simmer until done.

DRY salt fish should be soaked SKIN side UP; The salt leaves the meat and settles to the bottem of the pan.

Salting oysters while cooking causes them to become hard; salt when done.

Keep shell oysters in cool place and sprinkle often with salt water.

Try putting a little baking powder in the cracker dust or meal when breading oysters or clams.

⊳HINTS on SANDWICHES⊲

Always trim and shape sandwiches before spreading with butter and filling.

SOUR or SWEET PICKLES go well with sandwiches, and in fact they are necessary to make them complete.

SOME FILLINGS.

Boiled eggs run through ricer or sieve and mixed with minced ham or other cold cooked meats and well seasoned.

Olives chopped with cream cheese and nuts. Jam or preserves mixed with cheese, and for RICH ones add chopped raisins, dates or figs.

Grated cheese seasoned with a few drops of onion juice and a bit of mustard.

Grated cheese and ham is very nice.

Cold chicken minced with pickles also chicken with currant or cranberry sauce.

Minced asparagus with mayonaise.

HINTS on SANDWICHES

Boiled EGGS run through a sieve and mixed with butter and a little salt, pepper and paprika, or mixed with minced olives or pickles.

Flaked SALMON mixed with mayonaise or lettuce and mayonaise.

Minced LOBSTER meat and cheese seasoned with mustard, salt and red pepper.

Sliced peeled TOMATOE sprinkled with Parmesan cheese.

Sandwiches are easily made and they may be put up to suit the taste of all.

≻HINTS on the use of SODA≺

All brands of SODA and SALT are not of the same strength, therefore it is best to confine oneself to some good brand and by getting accustomed to it one need not fear of using too little or too much of either.

Too much SODA gives cakes and biscuits a greenish color and a bad taste.

The right amount is about ½ tea sp. to 1 cup of liquid.

Always dissolve SODA in the liquid and get the mixture in to bake as quick as possible.

Add a pinch of soda to soup stock; it will keep longer.

Rub meat with dry soda 24 hours before cooking and wash off when putting on to cook; it will help to make it tender.

Add 1 teaspoon soda to each pint of beans bring to a good boil, drain, wash and add boiling water; they will cook much quicker.

If ICE CREAM and ICES are frozen in a warm place they will freeze much quicker, owing to the rapid melting of the ice.

Pure cream is too rich for ice-cream.

In making ices always stir well until all the sugar is dissolved or it will settle to the bottom.

The more cream used in ice-cream the longer it takes to freeze it.

Scald (do not boil) 1 quart of sweet milk pouring the same, while quite hot, over 3 well beaten eggs to which 1 cup of sugar has been added. have soaked 1 table-spoon gelatine and add it also. Cool all thoroughly and mix into this 1 ½ cup of sweet cream and some flavoring. Put in a 2 gallon freezer and turn lively until nearly done. If FROZEN correctly you will have velvety ice-cream.

Peach Sherbet

1 quart sweet milk, 1 cup sugar, 2 egg whites, 1 lemon and 6 large ripe peaches. Put sugar in a bowl squeeze juice of lemon into it. Put milk and sliced peaches in freezer and thoroughly CHILL (this chilling keeps the acid from curdling the milk) then add lemon and sugar, also the beaten whites folded in and freeze the same as ice-cream.

Pineapple Cream Sherbet

Place 1 quart sweet milk into the freezer well packed with ice. Squeeze the juice of 1 lemon into 1½ cups of sugar and after milk is chilled add to it, also add 1½ cups of cooked pineapple and lastly fold in 2 well beaten egg whites.

Apricot Sherbet.

Apricots boiled in syrup; when done rub through a fine sieve, the syrup and pulp then put into freezer and frozen; when nearly done, add a flavoring of maraschino and the beaten whites of 3 eggs, then frozen 5 minutes.

If these 4 recipes are made and frozen correctly they will be excellent. The smothness depends upon the milk being well chilled before adding any acid, such as lemon juice.

Lemon Water ice.

Boil 2 cups water and 1 cup sugar; beat until cold. Add grated rind of 1 lemon and the juice of 3 lemons and the whites of 4 eggs beaten until stiff.

Orange Water ice.

Substitute 2 table-spoons lemon juice, rind of 1 orange and ½ cup orange juice for lemon juice.

CARMEL ICING will not crack if made thus ½ cup vinegar, add enough sugar to take it up; then beat into it the whites of 2 eggs beaten stiff.

PERFECTION ICING.

The secret of making this icing so that it is not sticky and will remain soft is in the cooking of the syrup. Soak until well dissolved, ½ tea-spoon gelatine in a little water. cook 1½ cups sugar, ½ cup heavy, clear, corn syrup and ½ cup water until it threads well (when the threads blow away from the spoon) take off, add gelatine, then pour this very slowly over the well beaten white of 1 egg. You may use any flavoring. this icing can not be excelled.

Fresh mashed strawberries mixed with enough powdered sugar to spread is very nice for layer cakes.

Dip knife in cold water when spreading icing and it will be smother and more even.

ICINGS

Icing with Gelatine.

Dissolve ½ tea-spoon gelatine in 6 table-spoons BOILING water; strain and thicken with sugar and flavor. this will ice two cakes.

Add chocolate to PERFECTION icing and you will have an excellent chocolate icing.

Add 1 cup mixed candied fruit and nuts to perfection icing and you have Tutti-frutti icing

Icings should be beaten in earthen or china ware if possible.

To meringue should be added a little salt or cream of tartar while beating the whites.

In cooking FUDGE take off when at the boiling point; place kettle in a larger one filled with cold water and stir until firm.

JELLIES, JAMS and PRESERVES.

Always use the best granulated sugar in making these 3 sweets.

Jelly made of currants or grapes should not be over-ripe by no means.

GELATINE may be soaked in cold water and then boiled, toward the last, with the juice to thicken it, but do not BOIL long after adding as it will make the jelly tough.

TIN is not considered good to cook jelly and jams in.

BRIGHTEST and nicest jellies are made without anything to thicken them, simply sugar and juice.

2 pints of juice and 1 pint of sugar are the right proportions for jelly.

Always put the jellies into the glasses as soon as possible.

Mashing the fruit before cooking it when making jam keeps it from getting hard.

To make MARMALADE clear add a lump of butter just before taking from the fire.

To TEST jam, place some on a plate, let it cool, and if it has a dry glossy look it is done.

Marmalade and jam should be watched and constantly stired.

Use about ½ pound of sugar to each pound of fruit.

Some do not consider a damp, cloudy day a good time to make jellies as they are not so firm and clear as when made on a clear day.

Should jelly not seem firm enough set the filled glasses in the SUN for 2 days, covered with cheese cloth.

To test JELLY drop a few drops in ice water; if it falls to the bottom it is done.

When paring fruit put it into cold water and it will not turn dark.

Boil the mashed fruit for jams a few minutes before adding the sugar; it will have a better flavor.

Marmalades are best made from firm fruits, while jams are best made from the soft and juicy fruits.

Grape jelly burns very easily, and in fact it need not stick to the bottom of the kettle in order to burn; an asbestos mat placed under the kettle will help.

Preserves made of equal parts apples and strawberries are excellent.

Carrot Sweetmeats.

Boil small fine-grained carrots in water till tender; add sugar, pieces of citron and some fruit juice simmer slowly together and put in jars very wholesome for children and very much liked

Be sure the grease is HOT when frying meat.

Frozen meat may be thawed by laying over night in cold water and placed where it will not freeze again. Cook as soon as thawed. If not well thawed it is liable to be tough.

Rub the cut side of a HAM with corn meal or lard; it keeps it from drying out.

Put FOWLS on in boiling water and keep just boiling, but not to hard as hard boiling helps them to fall to pieces.

OLD FOWLS are better if steamed or boiled and then fried or broiled.

Place suet well under the flour in center of barrel; it will keep longer.

Lard fowls with strips of bacon when baking.

When dressing fowls try making a cut down back of neck, spread apart and take out crop; more dressing can be placed where the crop was by cutting this way and is easier sewed up.

Care must be taken not to fill the cavities full as it makes the dressing heavy.

If ham is too salty soak over night in sweet milk.

Try parboiling kidneys and let same set over night in the broth; this helps to take away the strong flavor. they are excellent then made into soute.

When boiling tough fowls add some vinegar when putting on to cook.

Allspice and cloves are good for flavoring meats.

Never add salt to any boiled meat until nearly done.

If FOWLS are to be roasted in pieces place in pan skin side down.

Try a large red pepper in your kettle of boiling meat; it will destroy the unpleasant odor while cooking.

Always have the oven HOT when you put in a roast and a good fire to finish it.

If a ROAST is allowed to brown before adding water it retains a much better flavor.

Place TOUGH stakes in a mixture of equal parts vinegar and salad oil for 3 hours turning every ½ hour; then fry quickly.

To PICK FOWLS: Put on a board or table head toward you and pull out feathers from you with quick jerks; you will not tear the flesh.

RUB FOWLS with a piece of lemon; it helps to make them tender and whitens the meat.

⊳ OMELETS. ⊲

Do not beat eggs too much for omelets.

Here are 2 standard recipes.

For 2 persons take 3 eggs, yolks and whites beaten seperately; add salt and pepper and 3 table-spoons hot water to yolks and beat a little, pour into HOT greased pan and fold in the whites, and when SET and browned underneath fold to middle; place on a hot plate so as to not fall.

All omelets should be eaten as soon as cooked.

For 2 persons. 3 eggs lightly beaten, 1 cup of milk, 1 table-spoon flour mixed smoothly with a little milk and added to eggs and remainder of milk, some salt and pepper. Have the skillet HOT.

By adding 1 level table-spoon of sugar to either of the above you have a SWEET omelet.

Always press evenly when rolling any kind of PASTRY.

EGGS and MILK, or SUGAR and MILK are good mixtures to wash pastry with; be careful not to let it run over the sides.

For PUFF paste use from ¾ to 1 pound of good shortening, pure and sweet, (it need not be butter) to every pound of flour.

Always remove juicy pies from the tins as soon as baked.

Try washing with egg white the bottom crust, before pouring in the liquid.

Juicy pies are much nicer if baked in a moderate oven.

A good thickening for very juicy pies is corn starch, mix it with the sugar before adding it to the pies.

A little vinegar added to the pie dough makes it more flaky.

The LAST THING to be added to fruit pies is the sugar; then get them into the oven as soon as possible.

Try a soft brush to wash pastry, but never dip it in hot water.

VERY DELICATE pie crust may be rolled on wax paper and then turned into the pan with ease.

Butter makes a pie dough of an amber color and very rich.

Never stretch pie dough; always roll it large enough.

To AVOID pie made of fresh fruits from running out or sticking, cook fruit a little, add sugar, put into pie shell, seal edges well and bake.

When baking a pie with under crust only try turning pie plate upside down spread dough on it and bake.

A PERFECT baked custard is cooked by placing a pan of scalding water on a few folds of paper in the oven; mix the custard and place the bake pan in pan already in the oven. Do not let the water in under pan boil and you will have a velvety custard.

Boiled custards are considered best on account of being lighter and more easily digested.

In boiling puddings keep the water BOILING until done.

BAKED custards to which corn-starch is added should be cooked a little before putting in the oven; this prevents the starch from settling to the bottom.

BAKED CUSTARDS should have a moderate oven while batter puddings require a quick oven.

Always grease and flour the pan when baking a pudding.

When pudding is done dip the sack or can, in which it is boiled or steamed, into cold water, remove pudding and serve at once.

Wring bag out of cold water, flour it and put in pudding mixture; then have the water in which you boil it in BOILING HOT and plenty to cover the bag.

In washing bags that are used for boiled puddings never use soap; always clear cold water.

By boiling 1 pint milk, 1 table-spoon corn starch, ½ cup sugar, 2 eggs a pinch of salt and a little flavoring you have an excellent filling for puff paste articles.

CARROT PUDDING---1 cup molasses, 1 of stewed and mashed carrots, 1 of suet chopped fine 1 of raisins, 1½ cups flour I tea-spoon of soda a little salt and spice to taste, and steam two hours.

Serve with a sauce made of I cup sugar, I table-spoon corn-starch a little nutmeg well mixed then pour a pint of boiling water over it.

Add a lump of ALUM the size of an almond to each gallon of pickles when first scalded; it helps to keep them crisp.

BRINE for PICKLES: 1 pint of good salt to each gallon of water; they should take up enough salt to have a pleasant taste.

Have pickles COLD and DRY after scalding before pouring on the vinegar.

Green and red peppers are much better for pickles than pepper corns.

Pickles are better if kept in stone-ware or glass, and if vinegar gets specks on top drain off, scald, add a little sugar, cool and replace. The vinegar should be one inch above pickles.

Better to use granite-ware when scalding pickles, using the best cider vinegar.

PICKLED ONIONS---Take off all the outer-skin of small silver-skined onions, put them in BRINE that will float an EGG, for 3 days, drain,

put a layer of onions 3 inches deep in jar, then a sprinkling of horse-radish, cinnamon bark, cloves and a little red pepper; repeat till jar is filled, in proportion of ½ tea-spoon pepper, 2 tea-spoons of horse-radish and 4 table-spoons of cinnamon bark to a gallon of pickles; bring vinegar to boiling point; add brown sugar a quart to a gallon of vinegar and pour HOT over onions.

VEGETABLES for pickles should be firm and free from bruises and decay; if not used as as soon picked put in co'd water to keep fresh.

SCOTCH SALAD--One part of flakes of cooked salmon to two parts of diced celery; season with oil, vinegar and salt, served on lettuce, mask with mayonnaise, garnish with egg and stuffed olives.

EGG PLANT salad—Cold well boiled egg Plant, cut in dice and well seasoned with olive oil and lemon juice; served on a leaf of lettuce.

POTATOE SALAD -- Sliced cold boiled potatoes. fried diced bacon (with the fat thrown over the potatoes), salt and pepper, the whole well mixed with cream salad dressing.

CREAM DRESSING -- ½ cup each of white vinegar and melted butter, tea-spoon mustard, ½ tea-spoon of paprika, 4 yolks of eggs, 1 pint whipping cream. Boil the vinegar, butter and seasoning together; pour it over the beaten yolks, stir over the range till like custard, remove and cool, then whip the cream and beat it into the dressing.

Mayonaise dressing — Have every thing cold, using yolks only, add salt, pepper, paprika, mustard and oil, beating untill thick; the acid, lemon juice or vinegar is used to thin it. It is not necessary to drop the oil drop by drop.

PURE olive oil is far superior to common sweet oil in making salads.

If MAYONAISE dressing curdles try adding a few drops of ice water or a bit of melted butter and beat up again.

Less EGG yolks may be used in making some salad dressings if they are well mashed and mixed with twice their weight of mashed potatoe.

Butter SAUCE or any sauce containing eggs should never boil.

Cocoanut that has become dry may be improved by soaking it in sweet milk over night; then use it to make pudding or sauce.

After chickens are boiled, cool broth and skim, using the oil for salad.

Old butter may be freshened by cutting in small pieces and placing in sweet milk for ½ a day.

Cream cheese and chilli sauce when mixed and served on lettuce is a fine relish.

⊳ GENERAL HINTS. ⊲

Cocoa: A pinch of salt added to a cup of cocoa brings out the flavor.

Macaroni: Always place to cook in boiling water, and when tender drain and rinse in cold water to remove the starch.

Stains: Corn-starch will take out grease or sweat stains if rubbed in while fabric is wet.

Oil Cloth: A table-spoon of bees-wax added to a cup of turpentine is fine for oil-cloth or linoleum, to keep it bright.

A Cleaner: 1 oz. of solvite to a gallon of gasoline cleans the most delicate fabrics.

Ink Stains: They can be removed, if not to old, with lemon juice or sour milk.

Rugs: Try turning them upside down to sweep; the dirt falls out more easily.

Two of the best disinfectents and purifiers are coal-oil and soap.

⊳ GENERAL HINTS. ⊲

Do NOT STICK: In baking puddings, macaroni or starchy foods grease the pan with cold grease, and then flour it before putting in the contents and it will come out nicely when baked. And pan is so much easier cleaned.

AN equal amount of black pepper and camphor gum are excellant to drive away moths.

PAINTED ARTICLES: Never use soap when washing them; use clear soft water with a little ammonia.

WINDOWS: Wash them with coal-oil and water, let partly dry and polish with soft paper.

SILVER WARE: Do not wash any kind of plated ware with soapy water; use soft hot water and a good polish or put them in sour milk for 3 hours then rinse well.

Wall PAPER: If you have grease spots on the wall paper place over them a piece of blotting paper and press with a hot sad iron.

⊳ GENERAL HINTS. ⊲

COFFEE: Is improved, if you have no cream, by adding scalding milk.

ANOTHER WAY: Scald milk and let it partly cool, beat an egg and pour milk into it, beating well; use the same as cream.

EXPLOSIONS: A great many are caused by lighting the lamps when little oil is in them; the empty space collects gas which quickly explodes.

MATTING: Wash with salt water (1 cup salt to 1 gallon water) and dry as soon as possible.

A fine CEMENT: Mix equal parts in weight of ashes and salt and make a paste of them by adding water; apply to cracks and broken places in stoves while a good fire is on.

GLASS ware: Will glisten if some lemon rinds are added to the rinse water.

Flies: They will not bother picture frames if you boil an onion in a pint of water and apply the solution with a brush.

➢ GENERAL HINTS. ➣

PECANS: May be shelled more easily if boiling water is poured over them and let stand ½ hour, then crack carefully.

BURNT FOOD: Such as rice, potatoes, vegetables etc. may be saved if not to badly burned if the kettle is instantly placed in a pan of cold or ice water taking off the lid, when partly cool take up being careful not to get too close to the charred bottom.

CORN MEAL MUSH: Left over may be sliced and dipped in beaten egg with pepper and salt then breaded with slightly toasted bread crumbs and fried in hot fat to a golden brown.

SWEET POTATOES: When put to bake should be greased; they bake quicker and the skins are softer.

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